



## **Heads High 2018**

**Projects starting May 1, August 1, October 1, 2018**

Heads High is a project of Centru Tbexbix, an ongoing socio-education project of Ananda Marga in Cospicua, Malta, aimed at helping participants discover new alternative ways of learning and discovering their true potential, through planned informal learning situations.

Cospicua is one town in the Cottonera region, which is renowned for social problems and disadvantaged families. Recently it is being regenerated and is becoming an important attraction to tourists visiting the harbour area.

Children are encouraged and given tools to discover their potential and increase their self-confidence and self esteem. Free classes are held in English, creativity, and computer with an integration of drama, music and various arts. Sports and Yoga as well as healthy eating and living are given a big priority. Professional volunteers are contributing in this regard.

Children and adolescents attend afternoon classes during the scholastic year and morning sessions in the summer. The role of EVS volunteers in this programme is to plan and implement different educational and fun activities.

During the scholastic year the project also offers Yoga Shoots, a programme for primary and secondary schools, offering yoga for kids, intercultural awareness and creativity. EVS volunteers participate by a cultural presentation about their country, as well as yoga and creativity and games.

Recently we have also launched a new project to help vulnerable elderly in the community. Paid helpers visit elderly with mobility problems at their homes, while EVS volunteers accompany participants at weekly educational and fun activities at the project as well as assist at outings and regular social events.

### **What EVS Volunteers can expect**

#### **MONEY ISSUES**

Each volunteer currently will per month receive 150 euros for food plus pocket money according to the amount stipulated by Erasmus+, currently 5eu per day. Additionally volunteers can opt to take lunch at Centru Tbexbix, free of charge, prepared by volunteers, on working days.

#### **LANGUAGE TUITION**

Volunteers are offered a course in Maltese or in English at the beginning of their term. Ongoing study can be done individually with materials available from CT if the volunteer has this interest. This course can be replaced by a Government evening course, if the duration of the volunteering coincides with the span of the courses, which run from October to May.

#### **HOLIDAYS**

Holidays at Centru Tbexbix can coincide with school holidays, or as decided by the project director. except for the summer holidays. During summer holidays there is a summer club lasting two months, and two or

three weeks of holidays, in June, August and September. Roughly this means: 2 days in early November, 2 weeks around Christmas, 2 days in February, 1 week around Easter, 1 week in June and 1 week in September. Holidays during these periods usually add up to more than the days that EVS volunteers are entitled to, i.e. 2 days per month.

Public Holidays do not count as part of these and are on top of the above-mentioned.

Apart from this, during the scholastic year (Oct till June) volunteers only work four days every week, i.e. they have an extra four / five days holiday every month.

During July / August, which are the months of summer club, volunteers work five days a week with a concession of an extra day off for each volunteer in July, and another in August.

#### YOUTH PASS

At the end of the activity volunteers will receive a Youthpass, which describes and validates the non-formal learning experience gained during the project.

Right to have a Youthpass depends on the completion of the EVS and submission of the online survey, and if a volunteer leaves the project prematurely without justification, the Youthpass will not be awarded.

#### YOGA & OTHER COURSES

Volunteers are to attend a weekly yoga asanas session at CT which is provided during working hours.

Yoga asanas are beneficial for both physical and mental health, and are part of the lifestyle that is encouraged at CT. A trained yoga teacher or a senior volunteer will lead the asanas session.

Yoga helps to understand the philosophical and practical foundation of Neohumanism, on which CT is based.

#### ACCOMMODATION

Accommodation for volunteers is within walking distance from the project. Volunteers can be sharing rooms, and if there is an advantageous sleeping possibility (single room, bigger bed, etc) senior volunteers are given the right of first refusal. The project is responsible to provide accommodation according to local standards, which includes washing machine, heaters in winter, fans in summer, utilities and internet. Bed clothes are provided by the project. Personal things like hair dryer, towels, etc, are the responsibility of volunteers.

All volunteers residing in the accommodation are responsible for keeping the premises clean at all times and must work out between them schedules for cleaning duties.

No smoking / alcohol / drugs are allowed at the accommodation.

#### EVS VOLUNTEERS' DUTIES

Volunteers' duties may include the following:

- a) Assisting in, Planning and implementing educational and fun activities for children 5 – 12yrs of age.
- b) Assisting in elderly programmes (social events, crafts / drama / dance classes, outings etc)
- c) Preparing and presenting a cultural presentation about their country to children and elderly and other members of the community.
- d) Lunch preparation
- e) Cleaning
- f) Simple administrative tasks
- g) Helping in Fundraising activities
- h) Helping with promotion and marketing

Volunteers will be assisted in acquiring the necessary skills and be made familiar with the centre's routines in the above. Tasks and activities will be assigned in coordination with the volunteer and according to his/her abilities and skills.

It adds to the volunteer's experience if one learns to take further initiatives in connection with the aims of the project. We had volunteers who started new activities according to their interests, eg. Ju-Jitsu, Dance,

a new language course etc. One volunteer even started a community outreach project. Another proposed and implemented a fundraising activity. Another volunteer started a compost bin on the roof. Another proposed to her dance school to sponsor dance classes for two of Centru Tbexbix children.

### **WHO CAN APPLY**

Interested persons between 18 and 30 years of age need to send a cv and motivation letter. Preference will be given to volunteers who:

- (a) Have a working level of the English language
- (b) Have creative skills
- (c) Are active in some sport
- (d) Are interested in self development and sustainable ways of living
- (e) Have a sense of responsibility
- (f) Are willing to learn
- (g) Have a clean police conduct certificate
- (h) Have a keen disposition to work with children and / or elderly.
- (i) Have basic computer literacy.

Interest in yoga, meditation and vegetarian living can be an asset.

Centru Tbexbix has been hosting EVS volunteers for the past 10 years, with the number totalling over 120 volunteers from all over Europe and neighbouring countries. In 2018 we were awarded the prize for best EVS project in the Mediterranean, and this year (2017) we have been awarded the prize for Voluntary Organisation of the year in Malta.

More information can be obtained from [www.tbexbix.org](http://www.tbexbix.org) and fb / centru tbexbix.